



Eating right, simplified.

2,800 Calorie Plan (Vegan) 5 meals.day

DAY 1

Breakfast

7:00 AM

almonds	1 oz	162 cal
oat bran, cooked	2 Cup(s)	175 cal
drinking water	8 fl oz	0 cal
trulean vegan plant based protein frosted vanilla...	1 1/2 Scoop	165 cal
pea milk unsweetened original-ripple	12 fl oz	105 cal

MEAL TOTAL: **Calories** 607 cal / **Carbs** 59 g (35%) / **Protein** 65 g (38%) / **Fat** 21 g (27%) / **Fluid** 20

NOTES:

Snack

10:00 AM

garbanzo beans, dry-roasted no salt	4 oz	154 cal
drinking water	16 fl oz	0 cal
apples	1 large	110 cal
natural peanut butter	2 tablespoons	190 cal

MEAL TOTAL: **Calories** 454 cal / **Carbs** 74 g (55%) / **Protein** 19 g (14%) / **Fat** 19 g (31%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

whole wheat tortillas	2 tortilla	254 cal
drinking water	16 fl oz	0 cal
peppered tofurky deli slices	4 oz	218 cal
dijon mustard	2 tsp	10 cal
tomatoes	1/4 Cup(s)	8 cal
romaine lettuce	4 leaf	4 cal
hummus	4 Tbsp	110 cal
baby carrots	10 large	53 cal

MEAL TOTAL: **Calories** 657 cal / **Carbs** 76 g (47%) / **Protein** 41 g (25%) / **Fat** 20 g (28%) / **Fluid** 25

NOTES:

Snack

3:00 PM

almond beverage with calcium	2 Cup(s)	139 cal
pecan granola bars	2 bars	190 cal
bananas	1 extra large	135 cal

MEAL TOTAL: **Calories** 464 cal / **Carbs** 86 g (71%) / **Protein** 8 g (6%) / **Fat** 13 g (23%) / **Fluid** 20

NOTES:



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Dinner

6:00 PM

quinoa, cooked	1 1/2 Cup(s)	333 cal
vegan turkey with sage, meat free	12 oz	113 cal
drinking water	16 fl oz	0 cal
brussels sprouts, no salt, boiled	1 1/2 Cup(s)	42 cal
extra virgin olive oil	1 Tbsp	120 cal

MEAL TOTAL: **Calories** 608 cal / **Carbs** 78 g (50%) / **Protein** 29 g (18%) / **Fat** 22 g (32%) / **Fluid** 26

NOTES:

DAY 1 TOTAL: **Calories** 2,790 cal / **Carbs** 373 g (50%) / **Protein** 162 g (22%) / **Fat** 94 g (28%) / **Fluid** 114



Eating right, simplified.

DAY 2

Breakfast

7:00 AM

drinking water	16 fl oz	0 cal
almond beverage with calcium	1 3/4 Cup(s)	121 cal
strawberries	1 Cup(s)	46 cal
old fashioned oats by quaker	3/4 Cup(s)	225 cal
almonds, slivered	1 oz	153 cal

MEAL TOTAL: **Calories** 545 cal / **Carbs** 82 g (58%) / **Protein** 16 g (12%) / **Fat** 18 g (30%) / **Fluid** 34

NOTES:

Snack

10:00 AM

teriyaki tofu, baked	3 oz	136 cal
drinking water	16 fl oz	0 cal
almond butter	2 Tbsp	200 cal
apples	1 large	110 cal
melba toast, no salt	4 toast	75 cal

MEAL TOTAL: **Calories** 521 cal / **Carbs** 63 g (47%) / **Protein** 23 g (17%) / **Fat** 21 g (36%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

baby carrots	10 large	53 cal
romaine lettuce	4 leaf	4 cal
mayonnaise, made with tofu	1 Tbsp	48 cal
drinking water	16 fl oz	0 cal
whole-wheat pita bread	2 small	149 cal
vegan chicken strips, meat free	5 oz	361 cal

MEAL TOTAL: **Calories** 615 cal / **Carbs** 60 g (38%) / **Protein** 37 g (23%) / **Fat** 27 g (39%) / **Fluid** 22

NOTES:

Snack

3:00 PM

drinking water	16 fl oz	0 cal
fbbc cherry almond butter shake-vegan	1 serving	413 cal
nectarines	1 fruit	60 cal

MEAL TOTAL: **Calories** 473 cal / **Carbs** 47 g (37%) / **Protein** 31 g (24%) / **Fat** 22 g (39%) / **Fluid** 21

NOTES:



Eating right, simplified.

Dinner

6:00 PM

vegan chicken strips, meat free	3 oz	217 cal
mustard greens, no salt, boiled	1 cup	36 cal
drinking water	16 fl oz	0 cal
spicy quinoa & black beans	1 serving	386 cal

MEAL TOTAL: Calories 639 cal / Carbs 77 g (47%) / Protein 39 g (24%) / Fat 21 g (29%) / Fluid 24

NOTES:

DAY 2 TOTAL: Calories 2,794 cal / Carbs 329 g (46%) / Protein 146 g (20%) / Fat 110 g (34%) / Fluid 124



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

whole wheat raisin bread	2 slice	260 cal
almond beverage with calcium	1 Cup(s)	69 cal
drinking water	8 fl oz	0 cal
almond butter	2 Tbsp	200 cal
nectarines	1 fruit	60 cal

MEAL TOTAL: **Calories** 589 cal / **Carbs** 87 g (58%) / **Protein** 16 g (11%) / **Fat** 21 g (31%) / **Fluid** 20

NOTES:

Snack

10:00 AM

apples	1 large	110 cal
drinking water	16 fl oz	0 cal
almonds	1 1/4 oz	203 cal
trulean vegan plant based protein frosted vanilla...	1 1/2 Scoop	165 cal

MEAL TOTAL: **Calories** 478 cal / **Carbs** 40 g (31%) / **Protein** 41 g (32%) / **Fat** 21 g (37%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

balsamic vinegar	1 Tbsp	14 cal
whole wheat dinner rolls	1 roll	74 cal
chicken nuggets, meat free	4 oz	316 cal
romaine lettuce	2 Cup(s)	16 cal
iced tea, green	16 fl oz	0 cal
extra virgin olive oil	1 Tbsp	120 cal
avocados	1/4 avocado	80 cal

MEAL TOTAL: **Calories** 621 cal / **Carbs** 52 g (32%) / **Protein** 22 g (14%) / **Fat** 39 g (54%) / **Fluid** 21

NOTES:

Snack

3:00 PM

baby carrots	15 large	79 cal
drinking water	16 fl oz	0 cal
hummus, lower sodium	4 Tbsp	105 cal
melba toast, no salt	5 toast	94 cal
garbanzo beans, dry-roasted no salt	4 oz	154 cal

MEAL TOTAL: **Calories** 431 cal / **Carbs** 83 g (66%) / **Protein** 21 g (17%) / **Fat** 9 g (17%) / **Fluid** 24

NOTES:



Eating right, simplified.

Dinner

6:00 PM

mustard greens, no salt, boiled	1 cup	36 cal
vegan chicken strips, meat free	3 oz	217 cal
drinking water	16 fl oz	0 cal
spicy quinoa & black beans	1 serving	386 cal
green beans	1 cups	35 cal

MEAL TOTAL: **Calories** 674 cal / **Carbs** 84 g (48%) / **Protein** 41 g (24%) / **Fat** 21 g (28%) / **Fluid** 24

NOTES:

DAY 3 TOTAL: **Calories** 2,793 cal / **Carbs** 346 g (47%) / **Protein** 142 g (19%) / **Fat** 111 g (34%) / **Fluid** 111



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

drinking water	16 fl oz	0 cal
almond beverage with calcium	2 Cup(s)	139 cal
cereals, kashi 7 whole grain nuggets	2 Cup(s)	275 cal
strawberries	1 Cup(s)	46 cal

MEAL TOTAL: **Calories** 460 cal / **Carbs** 96 g (76%) / **Protein** 12 g (10%) / **Fat** 8 g (14%) / **Fluid** 37

NOTES:

Snack

10:00 AM

drinking water	16 fl oz	0 cal
nectarines	1 fruit	60 cal
almonds	1 oz	162 cal
mixed berry soy yogurt	6 oz	180 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal
pea milk unsweetened original-ripple	10 fl oz	88 cal

MEAL TOTAL: **Calories** 600 cal / **Carbs** 56 g (38%) / **Protein** 45 g (31%) / **Fat** 20 g (31%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

drinking water	16 fl oz	0 cal
whole-wheat pita bread	2 small	149 cal
quinoa chili, vegan	1 1/2 serving	345 cal
nutritional yeast seasoning by bragg	5 Tbsp	100 cal
green beans	1/2 cups	18 cal

MEAL TOTAL: **Calories** 611 cal / **Carbs** 94 g (58%) / **Protein** 36 g (23%) / **Fat** 13 g (19%) / **Fluid** 17

NOTES:

Snack

3:00 PM

drinking water	16 fl oz	0 cal
fbbc cherry almond butter shake-vegan	1 serving	413 cal

MEAL TOTAL: **Calories** 413 cal / **Carbs** 32 g (30%) / **Protein** 29 g (27%) / **Fat** 21 g (43%) / **Fluid** 17

NOTES:



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Dinner

6:00 PM

extra virgin olive oil	1/2 Tbsp	60 cal
mustard greens, no salt, boiled	1 cup	36 cal
wild rice, cooked	1 Cup(s)	166 cal
drinking water	16 fl oz	0 cal
navy beans, no salt, boiled	2/3 Cup(s)	170 cal
vegan chicken strips, meat free	4 oz	289 cal

MEAL TOTAL: **Calories** 721 cal / **Carbs** 85 g (46%) / **Protein** 44 g (23%) / **Fat** 26 g (31%) / **Fluid** 27

NOTES:

DAY 4 TOTAL: **Calories** 2,805 cal / **Carbs** 364 g (50%) / **Protein** 167 g (23%) / **Fat** 88 g (27%) / **Fluid** 118



Eating right, simplified.

DAY 5

Breakfast

7:00 AM

drinking water	8 fl oz	0 cal
almonds	1 oz	162 cal
oat bran, cooked	2 Cup(s)	175 cal
pea milk unsweetened original-ripple	12 fl oz	105 cal
blueberries	1 Cup(s)	83 cal

MEAL TOTAL: **Calories** 525 cal / **Carbs** 77 g (51%) / **Protein** 33 g (22%) / **Fat** 18 g (27%) / **Fluid** 25

NOTES:

Snack

10:00 AM

almond butter	2 Tbsp	200 cal
drinking water	16 fl oz	0 cal
apples	1 large	110 cal
trulean vegan plant based protein frosted vanilla...	1 1/2 Scoop	165 cal

MEAL TOTAL: **Calories** 475 cal / **Carbs** 38 g (32%) / **Protein** 40 g (33%) / **Fat** 19 g (35%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

balsamic vinegar	1 Tbsp	14 cal
vegan chicken strips, meat free	5 oz	361 cal
drinking water	16 fl oz	0 cal
romaine lettuce	2 Cup(s)	16 cal
whole wheat dinner rolls	1 roll	74 cal
extra virgin olive oil	1 Tbsp	120 cal
cauliflower	4 oz	28 cal
bananas	1 extra small	72 cal

MEAL TOTAL: **Calories** 686 cal / **Carbs** 60 g (33%) / **Protein** 36 g (20%) / **Fat** 37 g (47%) / **Fluid** 25

NOTES:

Snack

3:00 PM

baby carrots	25 large	131 cal
hummus, lower sodium	4 Tbsp	105 cal
drinking water	16 fl oz	0 cal
garbanzo beans, dry-roasted no salt	3 oz	115 cal
cucumber	2 cup	10 cal

MEAL TOTAL: **Calories** 362 cal / **Carbs** 70 g (66%) / **Protein** 16 g (16%) / **Fat** 8 g (18%) / **Fluid** 31

NOTES:



Eating right, simplified.

Dinner

6:00 PM

drinking water

16 fl oz

0 cal

vegan fajitas

2 serving

759 cal

MEAL TOTAL: **Calories** 759 cal / **Carbs** 126 g (62%) / **Protein** 33 g (16%) / **Fat** 19 g (22%) / **Fluid** 35

NOTES:

DAY 5 TOTAL: **Calories** 2,807 cal / **Carbs** 371 g (49%) / **Protein** 158 g (21%) / **Fat** 103 g (30%) / **Fluid** 138



Eating right, simplified.

DAY 6

Breakfast

7:00 AM

drinking water	8 fl oz	0 cal
whole wheat raisin bread	2 slice	260 cal
bananas	1 extra large	135 cal
almond butter	2 Tbsp	200 cal
pea milk unsweetened original-ripple	12 fl oz	105 cal

MEAL TOTAL: **Calories** 700 cal / **Carbs** 97 g (58%) / **Protein** 28 g (17%) / **Fat** 19 g (25%) / **Fluid** 12

NOTES:

Snack

10:00 AM

almond nut thins hint of sea salt	1 oz	123 cal
drinking water	16 fl oz	0 cal
nectarines	2 fruit	120 cal
hummus	4 Tbsp	110 cal
baby carrots	10 large	53 cal
cucumber	1 cup	5 cal
celery	2 large stalk	20 cal
natural peanut butter	1 tablespoons	95 cal

MEAL TOTAL: **Calories** 525 cal / **Carbs** 85 g (62%) / **Protein** 14 g (10%) / **Fat** 17 g (28%) / **Fluid** 35

NOTES:

Lunch

12:00 PM

iced tea, green	16 fl oz	0 cal
vegan fajitas	1 1/2 serving	569 cal

MEAL TOTAL: **Calories** 569 cal / **Carbs** 94 g (62%) / **Protein** 24 g (16%) / **Fat** 15 g (22%) / **Fluid** 30

NOTES:

Snack

3:00 PM

drinking water	16 fl oz	0 cal
apples	1 large	110 cal
pecan granola bars	2 bars	190 cal
trulean vegan plant based protein frosted vanilla...	1 1/2 Scoop	165 cal

MEAL TOTAL: **Calories** 465 cal / **Carbs** 61 g (50%) / **Protein** 38 g (31%) / **Fat** 10 g (19%) / **Fluid** 22

NOTES:



Eating right, simplified.

Dinner

6:00 PM

summer squash, no salt, boiled	2 cup	72 cal
drinking water	16 fl oz	0 cal
wild rice, cooked	2 Cup(s)	331 cal
vegan turkey with sage, meat free	12 oz	113 cal
broccoli	1 cup	31 cal

MEAL TOTAL: **Calories** 547 cal / **Carbs** 102 g (71%) / **Protein** 33 g (22%) / **Fat** 5 g (7%) / **Fluid** 38

NOTES:

DAY 6 TOTAL: **Calories** 2,807 cal / **Carbs** 440 g (61%) / **Protein** 136 g (19%) / **Fat** 65 g (20%) / **Fluid** 137



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

drinking water	16 fl oz	0 cal
cereals, kashi 7 whole grain nuggets	2 Cup(s)	275 cal
blueberries	1 Cup(s)	83 cal
pea milk unsweetened original-ripple	12 fl oz	105 cal
almonds, raw	20 Whole nuts	148 cal

MEAL TOTAL: **Calories** 611 cal / **Carbs** 88 g (59%) / **Protein** 28 g (19%) / **Fat** 15 g (22%) / **Fluid** 20

NOTES:

Snack

10:00 AM

almond nut thins hint of sea salt	1 oz	123 cal
baby carrots	15 large	79 cal
hummus, lower sodium	4 Tbsp	105 cal
drinking water	16 fl oz	0 cal
apples	1 large	110 cal

MEAL TOTAL: **Calories** 416 cal / **Carbs** 79 g (72%) / **Protein** 10 g (9%) / **Fat** 9 g (19%) / **Fluid** 30

NOTES:

Lunch

12:00 PM

tomatoes	1/2 Cup(s)	16 cal
romaine lettuce	3 leaf	3 cal
dijon mustard	1 Tbsp	15 cal
whole wheat tortillas	3 tortilla	381 cal
drinking water	16 fl oz	0 cal
garden veggie tempeh	4 oz	251 cal

MEAL TOTAL: **Calories** 666 cal / **Carbs** 78 g (47%) / **Protein** 35 g (22%) / **Fat** 22 g (31%) / **Fluid** 21

NOTES:

Snack

3:00 PM

strawberries	1 1/2 Cup(s)	69 cal
mixed berry soy yogurt	6 oz	180 cal
drinking water	16 fl oz	0 cal
trulean vegan plant based protein frosted vanilla...	1 1/2 Scoop	165 cal

MEAL TOTAL: **Calories** 414 cal / **Carbs** 54 g (48%) / **Protein** 40 g (37%) / **Fat** 7 g (15%) / **Fluid** 23

NOTES:



Eating right, simplified.

Dinner

6:00 PM

extra virgin olive oil	1/2 Tbsp	60 cal
brussels sprouts, no salt, boiled	1 Cup(s)	28 cal
drinking water	16 fl oz	0 cal
chicken nuggets, meat free	4 oz	316 cal
quinoa, cooked	3/4 Cup(s)	167 cal
black beans, no salt, boiled	1/2 Cup(s)	114 cal

MEAL TOTAL: **Calories** 684 cal / **Carbs** 83 g (47%) / **Protein** 33 g (19%) / **Fat** 27 g (34%) / **Fluid** 24

NOTES:

DAY 7 TOTAL: **Calories** 2,792 cal / **Carbs** 381 g (54%) / **Protein** 147 g (21%) / **Fat** 80 g (25%) / **Fluid** 118



Eating right, simplified.



1 Servings

fbcc cherry almond butter shake- vegan

Ingredients

frozen fruit dark sweet cherries by dole
1 Cup(s)

avocado
1/4 avocado

almond milk (unsweetened)
1 cup(s)

almond butter (unsweetened)
1 tablespoon(s)

ice cubes
4 cubes

trulean vegan plant based protein frosted vanilla cupcake
1 Scoop

Nutrition Totals

Calories 413 / **Carbs** 32 g / **Protein** 29 g / **Fat** 21 g / **Fluid** 1 fl oz

Instructions

Blend all ingredients in a high-powered blender until smooth.

Top with optional chopped cherry pieces and serve.



Eating right, simplified.

Nutrition Label

Fbbc Cherry Almond Butter Shake-Vegan		
Amount Per Serving		
Calories		413
		% Daily Value*
Total Fat	21.1g	33%
Saturated Fat	1.6g	8%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	356.6mg	15%
Total Carbohydrates	32.2g	11%
Dietary Fiber	10.9g	44%
Total Sugar	19g	
Protein	29.3g	
Vitamin D	0IU	0%
Calcium	71mg	7%
Iron	2.6mg	15%
Potassium	296.7mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

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1 Servings

spicy quinoa & black beans

Ingredients

red pepper, spices
1/8 tsp

cilantro leaves raw, coriander
5 sprigs

onions
1/4 cup

garlic
1/2 clove

quinoa
1/4 Cup(s)

cumin ground
1/4 tsp

black beans, no salt, boiled
3/4 Cup(s)

extra virgin olive oil
1/3 Tbsp

Nutrition Totals

Calories 386 / **Carbs** 62 g / **Protein** 18 g / **Fat** 8 g / **Fluid** 4 fl oz

Instructions

1. Heat the oil in a medium saucepan over medium heat. Stir in the onion and garlic, and saute until lightly browned.
2. Mix quinoa into the saucepan and cover with vegetable broth. Season with cumin & cayenne pepper (with salt & pepper to taste). Bring the mixture to a boil. Cover, reduce heat, and simmer 20 minutes.
3. Stir corn into the saucepan, and continue to simmer about 5 minutes until heated through. Mix in the black beans and cilantro.



Eating right, simplified.

Nutrition Label

Spicy Quinoa & Black Beans		
Amount Per Serving		
Calories		386
		% Daily Value*
Total Fat	8.1g	13%
Saturated Fat	1.1g	6%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	9.9mg	0%
Total Carbohydrates	61.7g	21%
Dietary Fiber	15g	60%
Total Sugar	1.3g	
Protein	18.2g	
Vitamin D	0IU	0%
Calcium	71.9mg	7%
Iron	4.9mg	28%
Potassium	807.6mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

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Eating right, simplified.



2 Servings

vegan fajitas

Ingredients

corn tortillas, no salt
2 tortilla

sweet green peppers
2/3 medium

zucchini/summer squash
1/2 small

summer squash
3/4 cup

black beans, no salt, boiled
1 1/3 Cup(s)

corn sweet yellow raw
1 1/3 Cup(s)

olive oil
1 Tbsp

distilled vinegar
2 tsp

chili powder
1/2 tsp

Nutrition Totals

Calories 759 / **Carbs** 126 g / **Protein** 33 g / **Fat** 19 g / **Fluid** 19 fl oz

Instructions

1. In a large bowl combine olive oil, vinegar, oregano, and chili powder. To the marinade add the zucchini, yellow squash, onion, and peppers. Marinate vegetables in the refrigerator for at least 30 minutes, but not more than 24 hours.
2. Heat oil in a large skillet over medium-high heat. Drain the vegetables and saute until tender, about 10 to 15 minutes. Stir in the corn and beans; increase the heat to high for 5 minutes, to brown vegetables.
3. Serve in corn or flour tortillas



Eating right, simplified.

Nutrition Label

Vegan Fajitas		
Amount Per Serving		
Calories		379
		% Daily Value*
Total Fat	9.7g	15%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	35mg	1%
Total Carbohydrates	62.9g	21%
Dietary Fiber	15g	60%
Total Sugar	9g	
Protein	16.2g	
Vitamin D	0IU	0%
Calcium	95.9mg	10%
Iron	3.8mg	21%
Potassium	994mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		



Eating right, simplified.

Shopping List

Accompaniments

dijon mustard
2 tsp
1 Tbsp
mayonnaise, made with tofu
1 Tbsp

Beverages

almond beverage with calcium
6.75 Cup(s)
almond milk (unsweetened)
2 cup(s)
drinking water
480 fl oz
iced tea, green
32 fl oz

Bread

corn tortillas, no salt
3.5 tortilla
whole-wheat pita bread
4 small
whole wheat dinner rolls
2 roll
whole wheat raisin bread
4 slice
whole wheat tortillas
5 tortilla

Cereal & Grain Products

cereals, kashi 7 whole grain nuggets
4 Cup(s)
oat bran, cooked
4 Cup(s)
quinoa
0.5 Cup(s)
quinoa, cooked
2.25 Cup(s)
wild rice, cooked
3 Cup(s)

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Eating right, simplified.

Cookies & Crackers

melba toast, no salt
9 toast

Desserts

mixed berry soy yogurt
12 oz

Entrees

quinoa chili, vegan
1.5 serving
vegan chicken strips, meat free
20 oz

Fats & Oils

extra virgin olive oil
4.66 Tbsp
olive oil
1.75 Tbsp

Fruits & Juices

apples
6 large
avocado
0.5 avocado
avocados
0.25 avocado
bananas
2 extra large
1 extra small
blueberries
2 Cup(s)
nectarines
5 fruit
strawberries
3.5 Cup(s)

Ingredients

balsamic vinegar
2 Tbsp
distilled vinegar

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Eating right, simplified.

3.5 tsp

Legumes & Beans

black beans, no salt, boiled

4.33 Cup(s)

hummus

8 Tbsp

hummus, lower sodium

12 Tbsp

navy beans, no salt, boiled

0.67 Cup(s)

Nuts & Seeds

almond butter

8 Tbsp

almond butter (unsweetened)

2 tablespoon(s)

almonds

4.25 oz

almonds, slivered

1 oz

natural peanut butter

3 tablespoons

Snacks

almond nut thins hint of sea salt

2 oz

garbanzo beans, dry-roasted no salt

11 oz

pecan granola bars

4 bars

Spices & Herbs

chili powder

0.88 tsp

cumin ground

0.5 tsp

red pepper, spices

0.26 tsp

Sports & Diet Nutritionals

trulean vegan plant based protein frosted vanilla cupcake

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10.5 Scoop

Uncategorized

almonds, raw
20 Whole nuts
corn sweet yellow raw
2.33 Cup(s)
frozen fruit dark sweet cherries by dole
2 Cup(s)
green beans
1.5 cups
ice cubes
8 cubes
nutritional yeast seasoning by bragg
5 Tbsp
old fashioned oats by quaker
0.75 Cup(s)
pea milk unsweetened original-ripple
58 fl oz

Vegetables

baby carrots
85 large
broccoli
1 cup
brussels sprouts, no salt, boiled
2.5 Cup(s)
cauliflower
4 oz
celery
2 large stalk
cilantro leaves raw, coriander
10 sprigs
cucumber
3 cup
garlic
1 clove
mustard greens, no salt, boiled
3 cup
onions
0.5 cup
romaine lettuce
11 leaf
4 Cup(s)
summer squash
1.31 cup
summer squash, no salt, boiled



Eating right, simplified.

2 cup

sweet green peppers

1.17 medium

tomatoes

0.75 Cup(s)

zucchini/summer squash

0.88 small

Vegetarian Products

chicken nuggets, meat free

8 oz

garden veggie tempeh

4 oz

peppered tofurky deli slices

4 oz

teriyaki tofu, baked

3 oz

vegan turkey with sage, meat free

24 oz